Transcending a Victim Mindset

To focus upon aspects of life which provide an individual with a sense of purpose; helps steer the mind from darker avenues of thought in turbulent times. With this in mind, it's crucial for an individual to have some form of a constructive outlet. So, one may express themselves without negatively impacting the lives of others. The more one strives to incorporate suppressed aspects of thought into healthy outlets. Should work to reduce mental friction; as the mind has an outlet to express abstract thought. In the absence of this, the mind will struggle to express creative ideas. The inability to express thoughts in a constructive manner; subconsciously working to undermine attempts to find a suitable outlet to channel one's efforts. Unless an attempt to change stems from a genuine desire to grow as a human being. The individual might resort to old vices as a coping mechanism for pent-up anxieties.

Due to the lack of a viable outlet, these anxious thoughts may contribute to outbursts of impulsive behaviour. As the accumulation of thoughts without a focused channel in which to convey personal interests. May leave an individual feeling as though they don't have a way to communicate with outside world. The feeling of isolation only adding to a growing sense of disconnection. As one feels as though the mind's contents don't have a way of connecting with like-minded soles. The sense of disconnection only increased by a society primarily focused on material aspects of existence. Those seeking to explore beyond the conventional boundaries of society. Will likely experience first-hand, the ridicule that accompanies an expansion of understanding. Which tends to accompany one's various attempts at creating a brighter vision for tomorrow's world.

What initially appears as resistance, is eventually seen for what it is. The reluctance of others to embrace alternative ways of comprehending reality and role that each of us plays. The inability to shift one's perspective on something, once new information comes to light. Eventually leading to a rigidity of thought patterns. The inability to pivot as situations evolve, can render people of this mindset unable to make important decisions. indecisive thought being a biproduct of an inability to regulate stress in an appropriate way. Unless an individual seeks to expand the mind's boundaries, by striving to overcome one's inner turmoil. The progress of one's evolution will eventually slow to a crawl. As it requires a degree of fortitude to transcend life's pre-defined limitations. Each attempt, aiding in the process of shedding outdated beliefs. Which no longer align with one's higher aspirations.